



Subject Name - Long Term Plan

Pupils should be taught to:

Key Stage 1

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- perform dances using simple movement patterns.

Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- take part in outdoor and adventurous activity challenges both individually and within a team.
compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Our School Vision is to work as a community within the school's Christian ethos. We learn about world faiths alongside our Christian Values to work towards creating an Outstanding school where all can flourish. Through the provision of a broad and balanced curriculum we encourage every child to develop lively, creative and enquiring minds enabling them to become confident individuals who reach their full potential and succeed in Modern Britain.



Garton on the Wolds C.E. (V.C.) Primary School

Respect, Aspire, Achieve

"I have come that they may have life, and have it to the full" (John 10 v.10)"

Our school works in partnership with the church and the wider community to give a caring and nurturing environment. Together we enable and equip each child to "I have come that they may have life, and have it to the full" (The Gospel of John – Chapter 10, verse 10).

We will realise our Vision through the following aims:

- demonstrating, as a Church school, our Christian values in action
- providing a broad and balance curriculum to all children
- consistently high standards of teaching
- providing a happy, healthy and secure environment where all are respected, valued and encouraged to contribute
- excellent leadership and governance
- encouraging a love of learning by participating in experiences full of opportunity and creativity
- pursuing excellence in every aspect of school life, supporting one another and celebrating the achievements of all
- a partnership of pupils, teachers, parents, governors and the local community
- targets are challenging and achievable.

GARTON ON THE WOLDS CE PRIMARY SCHOOL INTENT, IMPLEMENTATION AND IMPACT

Intent

At Garton-on-the-Wolds CE Primary School, we believe that Physical Education is essential for every child's physical, social, and emotional development. Our intent is to provide a high-quality, inclusive PE curriculum that inspires all pupils to enjoy being active, develop competence across a broad range of physical activities, and foster lifelong healthy habits.

Through PE, children build resilience, teamwork, cooperation, and communication skills. They are encouraged to take pride in their efforts, strive for personal excellence, and understand the value of fairness, respect, and sportsmanship. We aim for all children to leave our school with the confidence and knowledge to lead active, healthy lives and to engage positively in a wide range of physical activities.

PE also contributes to our Christian vision of enabling all children to flourish:

"I have come that they may have life, and have it to the full" (John 10:10).



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Implementation

PE is taught through two high-quality lessons per week for all children from EYFS to Year 6. We follow our progressive PE scheme, ensuring skills, knowledge and understanding are built over time across a broad and balanced range of disciplines. These include games, gymnastics, athletics, dance, OAA, swimming and fitness.

- **EYFS** access a tailored physical development offer through continuous provision and PE lessons, focusing on coordination, balance and movement.
- **KS1** pupils consolidate fundamental skills and apply them in structured game scenarios and simple routines.
- **KS2** pupils further refine their techniques and apply them in competitive and evaluative contexts, with an increasing focus on tactical understanding, peer feedback, and leadership.

Swimming is taught in Years 3 and 4, ensuring all children can swim at least 25m, use a range of strokes and perform safe self-rescue. PE is inclusive for all children, including those with SEND or from disadvantaged backgrounds, with activities differentiated appropriately.

We also enrich our curriculum through:

- Inter- and intra-school competitions.
- Extra-curricular sports clubs.
- Leadership roles such as Sports Council.
- The Daily Mile and themed events such as National School Sports Week.
- Celebrating wellbeing and physical achievement through assemblies, newsletters and noticeboards.

Ongoing formative assessment supports lesson planning and helps track individual pupil progress using the school's assessment tool.



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Impact

The impact of our PE curriculum is measured through pupil progress, engagement, and personal development. Teachers make regular judgements against age-related expectations and use pupil voice to evaluate enjoyment and inclusion.

We track:

- Progress in physical literacy and sport-specific skills.
- Participation in clubs, leadership roles, and events.
- Confidence, collaboration and resilience in both lessons and wider school life.

PE at Garton equips children with the physical and emotional tools they need to stay active, healthy and positive throughout life. By the time they leave us, pupils are confident in their abilities, aware of the value of physical activity, and ready to participate in sport and movement in varied contexts.



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Cycle A – 2025/26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management	Gymnastics 1	Speed, Agility, Travel 1	Dance 1	Manipulation & Coordination 1	Cooperate & Solve Problems 1
Year 1/2	Foundations 1	Attack, Defend, Shoot 1	Dance 1	Cooperate and Solve Problems - OAA	Run, Jump and Thow 1	Send and Return 1
	Fitness 1	Gymnastics 1	5 Ways to Wellbeing	Hit, Catch, Run 1	Invasion Games – Attacking and Defending	Commonwealth Games
Year 3/4	Foundations	Attack, Defend, Shoot 1	Gymnastics 1	Cooperate and Solve Problems - OAA	Swimming	Rounders
	Tag Rugby	Hockey	Handball	Ultimate Frisbee	Athletics 1	Commonwealth Games
Year 5/6	Fitness 1	Attack, Defend, Shoot 1	Gymnastics 1	Cooperate and Solve Problems - OAA	Run, Jump, Throw 1	Send and Return 1
	Tag Rugby	Hockey	Handball	Ultimate Frisbee	Athletics 1	Commonwealth Games



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Cycle B – 2026/27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Body Management 2	Gymnastics 2	Speed, Agility, Travel 2	Dance 2	Manipulation & Coordination 2	Cooperate & Solve Problems 2
Year 1/2	Foundations 2	Attack, Defend, Shoot 2	Dance 2	OAA - Orienteering	Run, Jump, Throw 2	Send and Return 2
	Fitness 2	Gymnastics 2	Target Games	Dodgeball	Invasion Games – Tactics and Team Games	Hit, Catch, Run 2
Year 3/4	Fitness 2	Attack, Defend, Shoot 2	Gymnastics 2	OAA - Orienteering	Swimming	Hit, Catch Run - Cricket
	Football	Target Games	Netball	Dodgeball	Athletics 2	Send and Return - Tennis
Year 5/6	Fitness 2	Attack, Defend, Shoot 2	Gymnastics 2	OAA - Orienteering	Golf	Hit, Catch, Run - Cricket
	Football	Target Games	Netball	Dodgeball	Athletics 2	Send and Return- Tennis